

Magazine Feature Section

DON'T LET the BAD HABIT "GET" YOU

Study Composure
to Overcome
Restless Gestures



THE POWER OF HABIT You Can Avoid and Control It If You Follow the Instructions In This Article.

BY EDNA EGAN.

HABIT is one of the easiest things to form and one of the hardest things to break, but there is a wonderful feeling of victory attached to the conquering of a bad habit. This, along with the beneficial results, should make every reader guilty of one or more bad habits anxious to make a break. Philosophers have shown us that there is no fun in accomplishing an easy task; it's the difficult one which brings the blood to the surface, quickens the mind and makes one realize that one is really doing something. With this idea in mind you should start out cheerfully on your campaign against any bad habits you may have.

If you are one of the many persons who eat every mouthful of food in double quick time, then you are a member of the bad-habit class. You may be saving time, but you are also inviting indigestion in its worst form. I don't like to seem pessimistic, but I do wish to put out a danger signal. Won't you for your own health and comfort make an effort to break the habit? If necessary place a watch on the table while you eat. Increase the time you spend at your meals five minutes each day, and continue to increase the time until you spend about half an hour eating your breakfast or your luncheon. Of course, for dinner, when a more elaborate menu is served, a longer time should be allowed. One way to make the extension of time more endurable is to read a light, interesting story during the meal period. Do not select heavy reading, for this would require too much concentration, and in the end you would be no better off than if you continued to bolt your food. Cheerful conversation and laughter are aids to digestion and will do much to prevent one from bolting food. Since the woman in the business world usually eats her luncheon alone, it is impossible for her to engage in either of the digestives, unless she wishes people to mistake her for a maniac. For her, then, the suggestion about reading is in order.

Stuttering is largely a habit and one which annoys both the stutterm and the listener. Parents with children who are inclined to stutter should make every effort to have the youngsters speak very slowly and distinctly. In this way the habit will be broken. The grown-up can sometimes correct the habit by tickling each word she speaks with her nails in the palm of her hand. You get the reason for this, don't you? Just try the method, even though you may not stutter, and you will see how slowly you have to utter each word. This treatment is also splendid for the person who talks in jerks. It may not be feasible to do this everywhere, but practice the tickling in the privacy of your own room or when conversing with your family.

Insomnia patients can always be detected by their sunken, dull eyes and their lack of animation. Insomnia is sometimes due to illness, but I know of many cases where it is simply a habit. This may sound heartless, but there is much truth in mental suggestion. I think I am perfectly justified in making the statement. One woman in particular never gets into her bed without saying, "Well, here goes for a sleepless night." Who could blame Morpheus for keeping away after such a freeze-out? Loss of sleep undermines the health and should not be endured. The thing to do is to sleep by taking a general warm bath or a hot foot bath. Light massage will often help. Warm milk sipped before get-

ting into bed is good. All mental work should be laid aside several hours before retiring, late suppers avoided, and coffee should be taken at breakfast only and then no more than one cup. Before getting into bed the sleeper should lie on her right side in an uncramped position, and the air in the bedroom should be fresh.

For habitual frowning, which causes deep lines between the eyes, there is nothing more effective than the wearing of a plaster. Lines that have been already formed should be massaged daily, after having a generous amount of cold cream or cocoa butter rubbed into the skin. Rub toward the temples and not parallel with the lines.

SEWING BY LUCILLE DAUDET.

SOMEWHERE it seems that after the holiday rush of sewing for gifts one feels that there is absolutely nothing new in dainty articles when it comes time for someone's birthday or a prize is needed for the card party. One is so sick of bags and centerpieces and sachets and things that it is a real relief to hear of anything absolutely new.

There is a very practical cork bag that any housekeeper would appreciate. It would also make a valuable addition for the bazaar table. It is fashioned of a straight piece of material, crocheted, heavy crash, even, as in one case, from a strip of brocade, though the other materials would be more serviceable. It is gathered at the top by silk cords through a narrow casing and on the ends of the cords as tassels dangle small corks to give the purpose of the bag and to give unique ornamentation.

Probably the most appreciated part of the bag will be the corkscrow attached in tassel fashion to the bottom of the bag by means of a clasp like that on the end of a watch chain. The corkscrow will always be in place if snapped back to the bag after using.

A pinholder for the traveler which takes up absolutely no space is most simply made from two strips of cardboard about an inch wide and eight inches long. They are covered with narrow ribbon slightly wider than an inch, padded the least bit with cotton and whipped together. Short pins can be thrust around the long edges and hat and veil pins through the length of the cushion. Threaded needles may be stuck through one side and the thread wound shuttle fashion around them.

A fudge apron shows a new feature in the shape of a deep pocket. The apron is cut from sheer batiste, the entire edge and neck hemstitched to be cut to make a picket edge. Across the bottom a separate piece about six inches deep of striped lawn is hemstitched in with the other edge and makes a decorative as well as a useful pocket.

To Prevent Insomnia Relax
Before Getting into Bed



Stuttering Can Be
Conquered by Ticking
Words in the Palm

ODDS ENDS

PERSONS living in apartments or furnished rooms will find this a useful device for increasing closet capacity: Fasten one end of a heavy wire—picture wire works well—to a hook in the closet, thread the other end through the spring of a patent clothespin, wind the wire about the second hook and so on around the closet until there is a clothespin between each pair of hooks. This is an excellent way of holding skirts or waists and can be removed easily.

TAKE some small snap-fasteners, sew one small of fastener on one stocking at the top and the other part on the other stocking. Then when the stockings are taken off to put in the wash, snap each pair together. It does not interfere with the washing, no clothespins are necessary when they are hung on the line, and best of all, the pairs of stockings are always together. This is very much appreciated when there are children in the family.

IN the olden times the family linens were handed down from mother to daughter. Progress in the art of bleaching has changed this ancient custom. Where formerly it took months of sunshine and rain to bring about the desired whiteness, now it is done in two or three days by means of strong mineral gases whose fumes bleach, according to their strength, more or less quickly. So it is a good idea to buy linen which is not bleached, as a few trips to the laundry will remedy this. In addition it is cheaper, for the bleaching process is a costly one.

Then, too, the life of tablecloths and sheets would be lengthened considerably, as overbleaching rots the fiber.

A BOX of bandages should be kept in every home, so that in case of accident, they may be ready to use at once. Bandages should be torn from strong cotton cloth and wound tightly. They should be of various widths, but not

hemmed. Have a supply of stout, narrow strips for tying. Put them all into the oven for a short time for sterilization, pack them in a wide-mouthed preserve jar, screw the lid on securely and keep in a convenient place. If every mother would learn the first rules of bandaging it would save many a visit from the doctor.

O get rest one must let one's muscles go to sleep. While activity is necessary to beauty, the body must have plenty of rest to make up for the wear and tear of human life and the inroads of time. When you rest, try to get the muscles of your face under control. Don't wrinkle the forehead or compress the lips. To rest the head is very important. Comb the hair differently occasionally. Dress the neck comfortably. Have three pairs of shoes, so that your feet will never be tired and twinging. Don't overdo, don't rush. Take things quietly. These rules are the very best ones known for keeping young. Later-day women seem to have lost the art of resting. Their lives are quite too exciting to be productive of beauty or its preservation.

NOWADAYS the bride-to-be realizes the necessity of a capable receptacle in which to lay her dowry of linen and lingerie. Of late she has turned somewhat to the conveniences of a wardrobe with half its interior fitted with drawers, but on the whole she leans to the custom of her grandmothers and great-grandmothers for centuries back, and selects a chest which, according to its design, may afterward either be converted to storeroom uses or put into the hall or bedroom as a useful as well as an ornamental piece of furniture. A visit to a museum will afford a glimpse of some of the most beautiful specimens of early dowry chests upon which the medieval wood carver expended their art, often supplemented by the insertion of rare paintings done by famous artists.

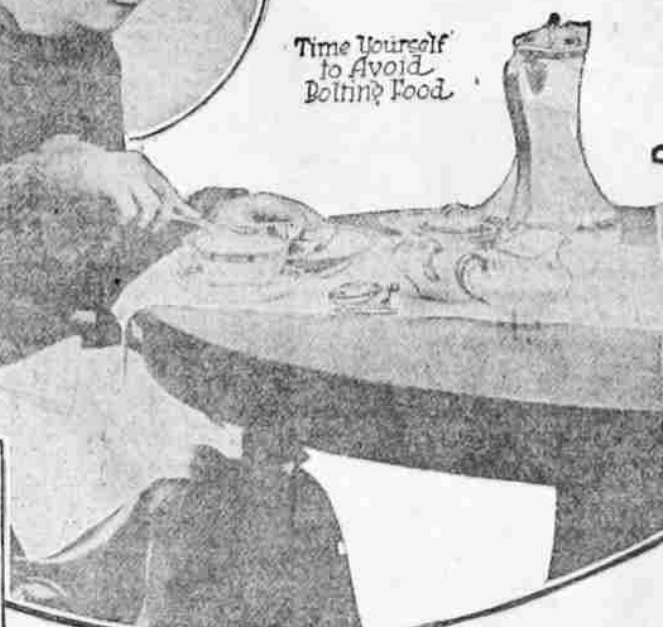
HEADACHE

H EADACHE is a common complaint among women. They seem to be more susceptible to this disagreeable ailment than men, to suffer more intensely as well as more frequently than their brothers or husbands. Perhaps one reason for this is that women are more nervous than men, and headache can almost always be traced to nerves. Nervous fatigue, nervous indigestion, nervous excitement in any form almost always results in headache.

The cure, then, lies in quieting the nerves. This is more difficult than it may sound to those fortunate individuals who don't know that they possess such things, and who may believe that any ailment arising from this cause is purely imaginary. Far from it. Nerves do more real and lasting harm than almost any other one thing, and the moment a woman finds herself in the clutch of a nervous attack she should take steps to get her nervous system into a more healthy condition. If neglected, this condition becomes acute, and may cause trouble which it will take years to undo.

There is no better time of year to build up the system than now.

Time Yourself
to Avoid
Drinking Food



KITCHEN FURNISHING

IT is not wise to buy a cheap refrigerator, for it wastes ice. The best ones have one-piece compartments of porcelain, which are easily cleaned and are free from cracks to accumulate food particles.

The kitchen table is a necessary piece of furniture and its size will depend on the space. Cover the top with galvanized iron so that hot pots can be set upon it. Wood absorbs moisture and grease. A lower shelf built underneath and similarly covered will give extra working space. Be sure the table is high enough for comfort. If it isn't, have each leg raised and you will be saved a backache. With the table comes the stool to save the hours of needless standing. I have a high office stool cut to the right length and fitted with rollers. When one does not have a satisfactory pantry the kitchen cabinet is a stop saver. Then there are the smaller articles, such as the clock, a large-framed calendar, a roll of paper toweling, a card recipe cabinet, a match box and a covered garbage pail.

In selecting the kitchen utensils do not overbuy, as it is far better to purchase a few good pieces at first and add to them as the need requires. And try to choose all the pieces in the same finish, for dishes poorly matched make the kitchen look cluttered and inharmonious. For frying and roasting there is no material better than iron, and for stewing and boiling agate. Tin is not safe for general cooking. Purchase right sized utensils by having in mind what you are going to use them for and choose those easy to wash. A handle is better than a bail, which becomes hot as it hangs by the side of the kettle. Pots are broad and shallow heat more quickly than those that are tall and narrow. Good knives are best to buy, for they have to be used every day. You will need only one beater if you choose one that will not only beat eggs, but whip cream and make mayonnaise. It is the same with the grater.

Here is a list which I think will be practical: One large iron skillet 10-inch spread (for plain frying), one small, deep iron skillet, 8-inch spread (for deep frying), two four-quart saucepans (potatoes, vegetables, etc.), one-handled saucepan, three quarts, one-handled saucepan, 1½ quarts, two six-hole gem pans, two to four bread pans, two layer cake tins, three pie tins, one deep, two shallow, one deep earthen plate (baked apples, etc.), one jelly mold, one iron baking pan (small roasts, biscuits, etc.), one covered roaster, one earthen teapot, one coffee pot, one teakettle with boiler insert (saves extra double boiler), one earthen baking dish, 1½ quarts 9-inch spread, (puddings, scalloped dishes), one large earthen casserole, three quarts (stews, soups, etc.), four to six earthen custard cups, three earthenware mixing bowls, one glass lemon squeezer, glass cereal jars, glass spice jars, one bread box, one cake box, one doughnut jar, one toaster, kitchen salt and pepper, one meat chopper, one pair of scissors, one vegetable scrub brush, one three-mesh colander, one wire potato masher, two large wooden spoons, one large iron cooking spoon, one standard tablespoon and teaspoon, one long-handled cooking fork, one ladle, one pancake turner, one bread knife (best steel),

one vegetable paring and one fruit knife (best steel), one large and one small kitchen knife, one can opener, one egg beater, one half pint glass measuring cup, one graduated quart measure, one grater, one flour sifter, one small funnel, one glass rolling pin, one pastry board, one small meat and vegetable board, one apple corer, one corkscrew, one kitchen scales, one knife sharpener, one deep dishpan, one wire dish drainer, one string dish mop, one wire pot brush, one wooden plate scraper, one wire faucet soap dish, one sink brush and scoop, two mesh pot rags for wiping pots and utensils, two oval flannel pot holders, six dish towels and six glass and silver towels.



A
Wrinkle Plaster
Will Correct Frowning

DAME FASHION SAYS

BY MRS. KINGSLEY.

EAR by year we turn the clock of the seasons a bit further ahead. This year we insisted on being informed in December just what clothes Paris wanted us to wear in June, so Paris gave us the benefit of the inspirations which she had not had time definitely to work out—and the result was a chaotic conglomeration of tentative offerings. We were shown numerous models of which their sponsors did not seem particularly sure, and we were a little less certain than they.

Now Paris has worked out her theories and they are put into effective practice. The barrel silhouette gracefully subsides into the oval, the straight skirt suppresses the bouffant, and belts come in to overwhelm and disguise the chemise lines of the Moyen age costume.

To start the day, you have your choice between the tailor-made from which the American woman refuses to be separated, the separate skirt, topped by a sheer blouse with a tunic or peplum, and the blue serge "little dress." The latter can be worn to work, to luncheon and to tea, so it is most convenient and practical.

One particularly good serge dress has an almost severely plain bodice with the throat cut straight across the shoulder and edged in a narrow band of dull violet and silver beads, which crosses around the waist and then goes around and drops low over the hips. The skirt is loosely accordion-plaited and attached in rather tightly at the bottom. This costume has the advantage of being smart, simple, and al-

though the model was expensive, it can be copied at very little cost. Black satin bands might be used instead of the bead trimming.

Another slightly more elaborate model seems to have taken its inspiration from a man's evening dress. It is black satin with a deep waistcoat of white satin crossed surplice fashion over a tiny vest of plaited organdie. There is a deep swallow-tail draping at the back of the skirt, and the narrow hem splits and carries a broad hemmed band straight up the front under the white waistcoat. The sleeves are extremely long and bell over the hands to show a white satin facing.

For evening there are a number of charming new ideas. A combination of Dresden ribbon and chiffon is good and so is a use of satin brocade in a simple drapery which is as artistic as it is becoming. The material catches under a cabochon at the right shoulder and drapes down to the left hip in soft folds. Vivid satins are used for effective evening gowns, which may be either entirely untrimmed, decked with a bit of tulle, or heavily and lavishly embroidered as the wearers' purses permit.

Buttercup yellow, burnt orange and even that coppery shade known as "Indian red" are used by some of the best designers. But white, with a touch of black or dull ch'ka blue, is featured by Cheruit while the houses of Callot uses a marvelous Italian blue and delicate porcelain green, both of which must have been inspired by some of the wonderful old Chinese vases which the fortunate Callot Souers possess.

THE KITCHEN

Raisin Bread.

Two cups flour, two heaping teaspoons baking powder, half cup sugar, salt. Sift together, one well-beaten egg and one cup milk. Stir into dry ingredients, then add half cup of the small seedless raisins. Put in loaf pan and let rise 20 minutes. Bake one hour in moderate oven.

Orange Crackers.

Beat very stiff the whites of 2 eggs, stir in as much powdered sugar as required for a stiff meringue, add one teaspoon of orange extract. Arrange on the top of small crackers which are placed in a flat pan; powder top of each with grated coconut and brown in moderate oven. This makes 30. These are excellent, served with chocolate, for a children's party.

Coffee Cream.

Two teaspoons of granulated gelatin soaked in half cup of sweet milk until dissolved. Then add half cup of sugar, half cup of boiling coffee and half teaspoon of vanilla and strain through cheesecloth. Set to jelly. Do not let it get too firm before adding half a pint cream, whipped. Either fold this in or use egg beater to mix and set away to harden.

Apple Fritters.

Grate three apples, add one tablespoonful of lemon juice. Mix one cup flour, one teaspoonful baking powder, two tablespoonfuls sugar, half salt-spoon salt. Beat one egg lightly, add half cup milk, mix together and drop by spoonfuls into hot fat. Serve with maple sirup or honey.

Amadama Bread.

Scald half a cup of fine Indian meal by turning over it slowly a pint of boiling water, stir all the time. Now

add one breadspoon of lard or butter, half a cup of molasses and a dessert-spoon of salt. Let this stand until lukewarm. Dissolve half a cake (or whole) of compound yeast in half a cup of warm water. Put into the above mixture, add enough flour, about a quart, to make a stiff dough. Knead well, set to rise in a warm place. Knead again, adding flour if necessary; let rise again and mold into loaves. When quite light bake in a good quick oven till well browned.

Sea Moss Blanchmange.

One-half cup dry moss, picked over carefully and washed in several waters to remove salt. Tie in a lace or net bag and boil with one quart of milk till it thickens when dropped on a cold plate. Put in a mold and serve cold with sugar or jelly. It can be sweetened with two tablespoons of sugar when cooking. There is no need of bleaching, for the dark moss makes light blanchmange, and the moss lights better if not put into fresh water till used. May be made without the bag, and strained after it is cooked while still hot.

Grape Sherbet.

One cup of grape juice, juice of one lemon, juice of one orange, one cup of sugar, one pint of water, one dessert-spoon of gelatin. Moisten gelatin in a portion of the water, heat the remainder to boiling. Pour over the softened gelatin, add sugar and juices and freeze in the usual way.

Brandy Sauce.

Two cups of milk, three tablespoonfuls of sugar, one teaspoon of butter, a pinch of salt, one egg, one tablespoon of flour. Put milk in a double boiler, beat the egg, sugar and flour together in a bowl, then add to the milk when hot. Stir until it thickens like cream. When cool add a tablespoon of brandy. This is fine for plum puddings.

Timbales.

Melt two tablespoonfuls butter, add a quarter cup stale bread crumbs and two-thirds cup milk. Cook five minutes, stirring constantly. Add one cup chopped lamb and one egg slightly beaten. Season with salt and pepper. Serve timbale molds with chopped, stuffed olives and fill with the above mixture. Set in pan of hot water, cover with buttered paper and cook 10 minutes. Serve with: Bechamel Sauce—Melt one tablespoon butter, add one tablespoon flour, half a cup of lamb stock and half cup milk. Season with salt and pepper and cook five minutes.